



At Home Care For Deep Cleanings

Your follow up appointment is: _____ Office Phone: 469 353 6964

Pain

You may experience some increased soreness around your gums. It may be tender to the touch especially with toothbrushing. You may also find your teeth are hyper sensitive to some cold foods. This should subside.

Diet

You may eat all your regular foods.

Bleeding

Some people have trouble healing from the procedure and may have excessive bleeding. If you have bleeding past a day please call our office or seek emergency attention.

Hygiene

Brushing gently around your teeth and gums for the first day. Use prescribed mouth rinse twice a day for 2 weeks. Please avoid flossing for 3 days.

Follow up 4-6 weeks

After a deep cleaning you will be required to see the dentist for a follow up to see improvements in your gums/gingiva. This is critical to set your required gum visits